

# Worksite Wellness Success Stories

May 2007

## 6W2W - Cotton Correctional Facility

On May 14, 2007 one hundred employees at the Cotton Correctional Facility in Jackson signed up to participate in a **Six Weeks to Wellness - 6W2W** worksite wellness event.

The 100 participants created the following 15 teams:

- Dawg Pound
- Fox Force Five Plus - 3 Wise Men
- Salt & pepper
- Incredible Niners
- Fab Five
- Hurricanes
- Super Six Pack Plus One
- Psix Psychs Ridin' Bikes
- The Marines
- Workin It
- Black Gloves Inc.
- The Prodigious Pink Ribbon Team
- Warden's Warriors
- Double Trouble
- Individual Team

Each 6W2W participant was given the opportunity to receive a [FREE MASSAGE](#).

On July 19th an AWARDS CELEBRATION LUNCHEON was held.

**The individual winners were:**

- FIRST PLACE: ED BUJDOS; EDDIE CLOTHIER; KEVIN WEINBERG (456 POINTS MAX)
- SECOND PLACE: REBECCA DRAKE 450 POINTS)
- THIRD PLACE: DIANE HANGER (447 POINTS)

**Congratulations to six people who reached their goals:**

- MARY DEGE - STOPPED SMOKING
- ALEXANDER HOLMES - STOPPED DRINKING
- GRAY GORDON - GAVE UP JUNK FOOD
- RON BLAIR - GAVE UP RED MEATS
- DAVID BOURNAY - GAVE UP POP
- ARTHUR ALVARADO - GAVE UP DONUTS
- DORIS GASKIN - BLOOD PRESSURE DROPPED TO NORMAL

**Three participants each lost 8 pounds:** ARTHUR ALVARADO, GRAY GORDON and DENNIS TREADWAY.

Everyone enjoyed the yummy meal: BBQ Ribs (Beef, Pork, Chicken), Fried Chicken Wings, Pasta Salad, Cole Slaw, Baked Beans, Fruit Bowl, Veggie Trays, Rolls, German Chocolate Cake, Lemon Pound Cake, & a decorated cake and drinks.

[List of All 6W2W Winners](#)

[List of Great Donations](#)

